

10-7-2014

## The Current Volume 25 : Issue 7

Nova Southeastern University

Follow this and additional works at: [https://nsuworks.nova.edu/nsudigital\\_newspaper](https://nsuworks.nova.edu/nsudigital_newspaper)

---

### NSUWorks Citation

Nova Southeastern University, "The Current Volume 25 : Issue 7" (2014). *The Current*. 462.  
[https://nsuworks.nova.edu/nsudigital\\_newspaper/462](https://nsuworks.nova.edu/nsudigital_newspaper/462)

This Newspaper is brought to you for free and open access by the NSU Digital Collections at NSUWorks. It has been accepted for inclusion in The Current by an authorized administrator of NSUWorks. For more information, please contact [nsuworks@nova.edu](mailto:nsuworks@nova.edu).





### Recognizing the signs of suicide

Page 5



### Get it together, NSU

Page 11



### Fall style trends

Page 7



### Meet our athlete of the week

Page 6

# DON'T SCUFFLE, GET TO THE SHARK SHUFFLE

By: **Alyssa DiMaria**

NSU will host its seventh annual Shark Shuffle, a 5K run/walk, on Oct. 12 at 7:30 a.m. on the Alvin Sherman Library Quad.

Douglas Flemons, professor of family therapy at the Graduate School of Humanities and Social Sciences, created the Shark Shuffle with Robert Oller, CEO of the Division of Clinical Operations, and is an avid runner himself.

Flemons said he wanted to come up with a way to encourage the campus to strive for wellness.

“I’ve been participation in 5K runs for years and so I thought ‘Let’s create a 5K to get everyone fired up to exercise and also figure out a way to give students a reward for their participation,” he said.

Head coach of the cross country and track team Bryan Hagopian said the Shark Shuffle is one of the best road races he has ever been to.

“It’s such a welcoming atmosphere; you can just feel the energy. It’s so great to see everyone cheering



Hundreds participate in 2013 NSU’s Shark Shuffle.

COURTESY OF NSUNEWS.NOVA.EDU

for you and the award ceremony at the end makes you feel like you’ve accomplished so much,” he said.

Hagopian encourages beginner and experienced runners to attend.

“If you’ve never been to a running event, this is the best one to experience.

It’s a stress-free course to run or walk because the directions are easy to navigate,” he said. “There are tons of water stations. they really emphasize hydration throughout the entire event and it’s an overall fun time.”

Hagopian added that the course

allows attendees to have fun, meet new people and be grateful for our campus.

“The Shark Shuffle lets participants see how beautiful our campus is. It gives them a chance to experience the different parts of campus they haven’t seen before,” he said.

Flemons admitted that putting on this event was very difficult.

“It took many people to make this event happen, from all levels of administration, corporal operations to help fund the event and the organization wasn’t easy,” Flemons said. “But, we’ve been able to keep this event successful throughout the years.”

Flemons said the Shark Shuffle creates a feeling of community at the university.

“Students and faculty from different colleges, middle and high schools in the area attend, as well as the public. It’s a really great feeling watching everyone come together and work really hard to accomplish the same goal. The devotion is awesome,” he said.

Hagopian strongly encourages attendees to prepare before attending the Shark Shuffle,

“Those who anticipate running the entire 5K should consider running longer than 3.1 miles. They should also consider completing certain exercises

SEE **SHARK SHUFFLE 2**

# JOB FAIR TO BE HELD AT SAWGRASS MILLS



COURTESY OF MIAMIINFOTOURS.COM

The largest shopping destination in the United States, Sawgrass Mills will host a Job Fair on Oct. 9.

By: **Alyssa DiMaria**

More than 50 retailers and eateries will offer full-time and part-time employment opportunities during a job fair on Oct. 9 from 10 a.m. to 2 p.m. at Sawgrass Mills.

Sawgrass Mills, which is the largest outlet retail shopping destination in the United States is preparing for the holiday season by offering seasonal employment.

General Manager at Sawgrass

SEE **SAWGRASS JOB FAIR 2**

# STAND OUT DURING NATIONAL COMING OUT WEEK

By: **Alyssa DiMaria**

NSU’s Gay-Straight Alliance is celebrating National Coming Out Day on Oct. 11 by extending it to Coming Out Week.

In past years, GSA has celebrated National Coming Out Day by holding small demonstrations on campus. This is the second year that the organization has worked with the Office of Student Activities to hold a week-long celebration leading up to Saturday’s event.

Nathaniel Berger, adviser of GSA said that the events of Coming Out Week unite NSU students of all different sexual orientations.

“Whether you identify on the lesbian, gay, bisexual, and transgender (LGBT) spectrum, identify as an LGBT ally, or simply are interested in learning more about the LGBT community, you are welcome to attend these events,” he said.

For 25 years, National Coming Out Day has supported the LGBT community. It was founded by Robert Eichberg, a psychologist, and Jean O’Leary, a New York



COURTESY OF S. STALEY

NSU students celebrate 2013 National Coming Day and will celebrate a week of celebrations start Oct 2.

politician, to celebrate anyone who publicly identifies as bisexual, gay, lesbian or transgender.

For some students, the importance of National Coming Out Day hits home.

“I came out as a lesbian at a pretty young age and was lucky enough to have a community where most people accepted me fairly quickly without too much question,” said Sara Staley,

sophomore psychology major and president of GSA. “A couple of my friends did stop talking to me and eventually drifted away because they were uncomfortable with my sexuality.”

Staley said her coming out experience was the toughest when some of her own family members didn’t accept her.

SEE **COMING OUT 2**







# SHARE YOUR PERSPECTIVE AT TEDxNSU

By: **Li Cohen**

The Farquhar College of Arts and Sciences is accepting online applications from NSU students, alumni, faculty and staff members to present at the fourth annual TEDxNSU 2015 until Oct. 19 at 5 p.m.

The theme for this year’s TEDxNSU is “Perception” and will be held from noon to 5 p.m. on April 4 at NSU’s Performance Theatre in the Don Taft University Center.

FCAS Associate Professor and TEDxNSU organizer Leanne Boucher, said, “One’s perceptions of events can really color an interpretation of something. We thought it would be interesting to see a variety of topics from different points of view and how, if we’re thinking about the same topic, but we come at it from different angles, we can learn more about that topic.”

TEDxNSU is an annual event modeled after TED talks that features engaging lectures, videos, visual art and interactive activities.

Natalie Negron, senior biology major, presented “The Gray Area” at

TEDxNSU in March. She explained how her experience at a medical internship in Austria during the summer of 2013 made her reflect upon her life and realize that she wants to spend her life taking part in meaningful experiences because people never know how long they have to live.

“I knew that I had this really transformative experience and I wanted to share it with others,” she said. “It was an absolutely incredible experience. One of the best experiences I’ve ever had is being on that stage, looking out, and seeing everybody listening intently to my story.”

Applications must include a 250-word autobiography, 250-word abstract of the planned presentation, a statement of what the idea is, why the idea is worth sharing, what perspective the idea is presented from, how the topic relates to this year’s theme and why the applicant will be a good choice to speak.

Boucher said applicants should think about the one piece of advice they would give someone and provide

that information from a specific point of view, such as age, culture or religion.

“Think of something that’s been really interesting in your life and has really made an impact,” Negron said. “Don’t be afraid to tell your story. You never know when someone will find that story to be really inspirational and it will cause them to make some sort of big change in their life.”

Boucher, along with Associate Professors W. Matthew Collins and Jason Gershman and Assistant Professor James Munoz will review applications and announce the list of speakers in December. Those who are selected will work with the application review committee throughout the winter 2015 semester to refine their messages and finalize their 10-12 minute presentations.

Boucher said that age is an important variable when considering perspective and that being young gives students a unique perspective on topics.

“Younger people, by virtue of their age, just have fewer life experiences, which can be both

good and bad,” she said. “They’re not addled by the baggage that other people might have.”

Negron said, “It’s really important to have your own opinion on a subject, but it’s even more important to be able to listen to someone else’s opinion that may be different from your own and understand it.”

Boucher brought TED talks to NSU in 2012 and said that they are trying to reach a global audience by posting videos of the talks online.

“I always liked the TED talks because they’re so informative and they can open up a world of knowledge...I thought it would be fun to bring to NSU,” she said. “We all want to be educated; we all want to give back to the community; we all want to learn, and TEDx is a great way to connect back to the community.”

Attendance at TEDxNSU is limited to 100 people. The ticket request form will be available in 2015.

To submit an application, visit [fcas.nova.edu/arts/tedxnsu](http://fcas.nova.edu/arts/tedxnsu). For more information, send an email to [TEDxNSU@nova.edu](mailto:TEDxNSU@nova.edu).

## NEWS BRIEFS

**NSU Student Arrested**  
Del’Jimmyo Wright-Johnson, junior legal studies major, was accused of grand theft and home invasion after following a woman to her home from the Seminole Classic Casino. The woman claimed he attacked her at her home and stole her purse, which contained more than \$8,000 in casino chips. A Broward judge denied Wright-Johnson bond for this arrest. Wright-Johnson was also arrested in June for stealing chips from the Seminole Hard Rock Hotel & Casino.

**Showcase your creativity with Digressions**  
Students can submit their original creative writing and artwork to Digressions literary magazine to be featured in the 2015 issue. The student-run literary magazine is sponsored by the Farquhar College of Arts and Sciences Division of Humanities and accepts original works of poetry, short fiction, art and photography by undergraduate students. Submission guidelines are available at [fcas.nova.edu/arts/student\\_publications/digressions](http://fcas.nova.edu/arts/student_publications/digressions). Submissions are due by Nov. 21 and should be submitted to [digressions@nova.edu](mailto:digressions@nova.edu).

**Give back like Gandhi**  
NSU’s Office of Student Leadership and Civic Engagement will host The Gandhi Day of Service on Oct. 11 from 8 a.m. to 2 p.m. Students will meet by the Shark Fountain at 8 a.m. and will travel by van to their assigned volunteer destination. The National Gandhi Day of Service is an annual event that brings together college students from different backgrounds to provide service to the community. The service is provided by universities throughout the U.S. To register, visit the SLCE Office page on OrgSync. For more information, contact the SLCE Office at 954-262-7195 or [slce@nova.edu](mailto:slce@nova.edu).

**Tie Dye with Nature Club**  
The Nature Club will host a tie dye party on Oct. 10 at 7 p.m. at the Commons Pagoda. The club will provide dye, rubber bands, gloves and plastic bags; students just need to bring something to tie dye. For more information contact Nature Club President Shannon Aldridge at [sa946@nova.edu](mailto:sa946@nova.edu).

**Show off your talent at open mic night**  
NSU’s Black Student Union will host an Open Mic Night in the Don Taft University Center Pit from 8 to 10 p.m. on Oct. 9.

# NSU HOSTS 35TH ANNUAL DISABILITIES EXPO

By: **Li Cohen**

NSU will host the 35th annual Disabilities Expo on Oct. 11 from 10 a.m. to 4 p.m. at the Alvin Sherman Library and Don Taft University Center to provide information on services, resources and products for physically and mentally disabled people.

Director of Student Disability Services Arlene Giczkowski said that the expo was created to exhibit and promote resources in Broward County that assist people of various ages with their disabilities. It will include entertainment and live performances by disabled artists, more than 70 exhibitors, a fashion show, wheelchair basketball tournaments, games, educational forums for parents and more.

Giczkowski said that the expo has grown tremendously since she began working with the event in 2005. She worked with the former chairperson to make the event larger and, now, more than 1,000 people are expected to attend.

“Each year we try to add something new or different to try and make it more attractive to different people,” she said. “It’s all just promoting everything we have to offer here in Broward County and in the university.”

“It’s such an awareness-building event and people don’t realize the amount of people in the community who benefit from these services,” she said. “We have a huge disabled population at NSU and people don’t necessarily know that or know what we have to offer them.”

Events in the UC will focus on social-recreational and disability services, while the events at the library will revolve around health-related agencies and children’s resources.

The UC will house representatives from social-recreational and disability services in the community who will provide information on their products. There will also be an art exhibit, fashion show and wheelchair basketball tournament.

One of the services is 2-1-1 Broward, which is a nonprofit, 24/7 agency that provides individuals with information and connections to



The South Florida Pirates entertained children at the 2013 expo

FACEBOOK.COM/THEDISABILITIESEXPO

health and human service agencies and programs. Billie Morgan is the Behavioral Health and Special Needs Program Manager at the organization and helps coordinate the expo. Her department helps families in the community find resources for taking care of children with special needs.

“The expo is a way for parents to just have a one-stop-shop where they can find all their resources, have a good time and allow their kids to be themselves and have a good time, as well,” Morgan said.

The Inspiration Runway fashion show will feature models with disabilities walking down the red carpet on the second floor of the UC. The models will share their personal stories about their inspirations and what they aspire to be. Light refreshments will be provided at the show.

“Inspiration Runway is not about the fashion, it’s about the models,” Morgan said. “You’ll never see a fashion show like this.”

The Eppy Group financial firm will sponsor the seventh annual Wheelchair Basketball Tournament at the RecPlex basketball courts on Oct. 11 and 12. The tournament will feature adult teams from around Florida, including the Miami Heat Wheels, Orlando Magic Wheels, Sunrise Suns, Fort Lauderdale Sharks, Brooks Ballers and Tampa Bay Strong Dogs.

A large tent in front of the library will be known as Center Stage at the expo. Throughout the day, this area will feature performances by nonprofit organizations and disabled artists, including the South Florida Pirates and the Exceptional Theater Company, which teaches theater to people with physical and intellectual challenges.

Inside the library, there will be a Kids Zone for children to take part in smaller activities, seminars for parents, health-related exhibitors and agencies, and a “Chill Zone” where parents can take their children who may feel overwhelmed with all of the activity at the expo and take part in a “Stop and Relax” yoga program. The seminars will provide information on how assisted technology and video modeling can help children with special needs develop their social skills and recognize their emotions.

Giczkowski also said that more students are impacted by disabilities than they tend to think and that 5-10 percent of the student population usually has a disability of some sort.

“Most of the time, students don’t have disabilities that you can see,” Giczkowski said. “You could be sitting in class with someone and not know that they have a disability.”

The expo is sponsored by NSU, along with The Eppy Group, Broward County Public Schools, Autism

Society of Broward County, Jewish Adoption and Family Care Options, Disability Rights Florida and Magellan Complete Care.

Morgan said, “Without NSU’s support and generosity, we wouldn’t be able to have this event...NSU recognizes that this is an important event that links our community together and helps individuals with disabilities have a fun place to gather and to learn about resources and to be themselves.”

Students can also volunteer at the expo. Those interested should contact Graduate Assistant for Assessment and Student Engagement Nikki Tennesen at [nt354@nova.edu](mailto:nt354@nova.edu) for more information.

Giczkowski said that volunteers always express their gratitude for the experience.

“It’s a way for them to increase their knowledge, get some satisfaction, and be aware of other opportunities in the community that they can get involved in,” she said.

No registration is required to attend. For more information, visit [disabilitiesexpo.com](http://disabilitiesexpo.com) or visit the Facebook page at [facebook.com/TheDisAbilitiesExpo](http://facebook.com/TheDisAbilitiesExpo).

For more information about Student Disability Services, call 954-262-7185 or email [disabilityservices@nova.edu](mailto:disabilityservices@nova.edu).



# Diary of...

a mentally ill, yet mentally strong student

By: **Maria Almillategui** .....

Maria Almillategui is a senior communication studies major and international student from Panama. She is also a member of the Society of Anime, Games and Entertainment and NISA, an international student organization. Her hobbies including reading, dancing, and advocating for stopping animal cruelty. She would like to work for nonprofit organizations or embassies. With her story, she hopes to encourage readers to look for help if they are experiencing depression or anxiety.

From my earliest memories, growing up in Panama, I recall being an anxious child. When it came to ballet performances, I would get stomachaches before going on stage. Every time I faced stressful situations, I would bite my nails, chew my fingers and sweat. As a child, I never thought that there was something wrong with the ways I dealt with stress. I certainly never thought that those reactions showed my inability to deal with stress.

Before being diagnosed, I had increased digestive issues, which included discomfort, tenderness, and extreme pain. I was afraid to eat and

lost about 15 pounds. When I went to the doctor, he told me that I had colitis, brought on by stress rather than a bacterial infection.

In November 2007, when I was 16 years old, I was diagnosed with generalized anxiety disorder and I struggled to accept it. My doctor explained to me that having symptoms like difficulty breathing, panic attacks, eczema outbreaks and stomach aches were signs of extreme anxiety. Six months later, I was also diagnosed with major depressive disorder. At that moment, I thought that I was no longer a “normal” teen. Without knowing, I had become a “crazy” person. I could no longer identify with my friends and classmates.

Dealing with these issues had caused heightened emotions which led to several fights with my friends. At the beginning of my senior year in high school, my friends had had enough and ended the friendship. Within a few days, the senior class took their side. I felt rejected and isolated by them. I already felt sad about losing my friends, but it was the rejection that drove me into depression. Words cannot describe how worthless I felt. I didn’t want to move

from my bed. I just wanted to cry and sleep all day long. I wanted to be left alone until I could forget everything. Though in my sleep, I found the peace I lacked when awake. I no longer wanted to live.

My parents were beyond worried, as I wouldn’t talk to them and I refused to go to school. I would yell at them to leave me alone. There were days when I would refuse to eat. Other days I would only eat junk food. When I did go to school, my grades slipped and my teachers noticed that something was wrong. My parents decided that it was time to get me the help I needed. I had been seeing a psychiatrist once a month, but it wasn’t enough. My appointments increased from once a month to once or twice a week and I was given antidepressants along with other medications to help with the depression. It was not an easy time. Nevertheless, I had to learn to accept my situation and work on improving it.

It was a slow recovery process as there were many ups and downs. Some days I felt good. Others, I wanted to die. My parents were afraid that I would quit school or end up failing because I refused to study, do homework, or attend classes. In order



Maria Almillategui is a senior communications studies major who has overcome the hardships brought on by mental illness. COURTESY OF M. ALMILLATEGUI

to prevent this, my parents gave me an “incentive” in the form of my cat, Maude. They had heard that pets could be used as therapy treatments, and I had always wanted a cat.

It was hard battle, but with the help of my parents, my family, my doctors and my cat, I was able to overcome the depression and managed to finish the school year without failing any classes, and graduate with my classmates.

It’s been seven years since I was diagnosed. Since then, I have had two major depressive episodes, a couple minor episodes and a few panic attacks. Even now I still consider myself to be an anxious person. During midterms and finals, I still have trouble breathing. I feel restless and jittery. After several years, I have come to

accept that I will always have these mental illnesses, but I’m not alone in my battle. I have also come to realize that I’m extremely blessed as I have an excellent support system, who always have my back.

I never imagined that I would be able to manage two mental illnesses. I had resigned myself that I would have to live an incomplete life and I would never move out of my parents’ home. But, here I am. I tackled the obstacles and now I’m studying in the United States. I have formed new friendships and visited different countries. And best of all, I will be graduating this December. Despite my hardships, I do not let mental illness define me. And, it will not defeat me. It has made me the strong woman I am today.

# FACULTY SPOTLIGHT: DAVID KILROY



David Kilroy is an associate professor in the Farquhar College of Arts and Sciences. COURTESY OF FCAS.NOVA.EDU

By: **Jessica Gonzalez** .....

Though David Kilroy, associate professor in the Farquhar College of Arts and Sciences, is originally from Ireland, his interest in teaching developed from his fascination with the United States.

Kilroy studied Irish and European history as an undergraduate history and politics double major at the University College Dublin,

where he received his bachelor’s and master’s degree. After taking an American politics course, he was quickly intrigued by America’s relations with other countries.

“What really interested me in the U.S. was how it functioned,” said Kilroy. “The other thing that interested me was that U.S. foreign policy has an immediate and direct impact on everyone who lives outside of the U.S. I wanted to know what the U.S. felt

about the outside world and how these interactions took place.”

This led Kilroy to move to the U.S. where he earned his doctorate degree at the University of Iowa, and concentrated on U.S. foreign policy and 20th century U.S.

His wife’s family, who lived in Florida, and a job opening led him to NSU. Now, he teaches a classes in American history after 1865, historical methods, Irish history, contemporary U.S. history, U.S. foreign relations, and the honors seminar The U.S. at War.

During the winter semester, however, Kilroy will be teaching a seminar class about conspiracy theories for honors students. He also taught the class three years ago.

“I am not a conspiracy theory nut but what does fascinate me is the national security state and the emphasis on secrecy in the U.S., which has shaped American politics,” said Kilroy.

Apart from teaching standard and honors history courses, Kilroy also teaches a summer program in Ireland called “Transatlantic Currents,” which highlights interactions between Ireland and the United States.

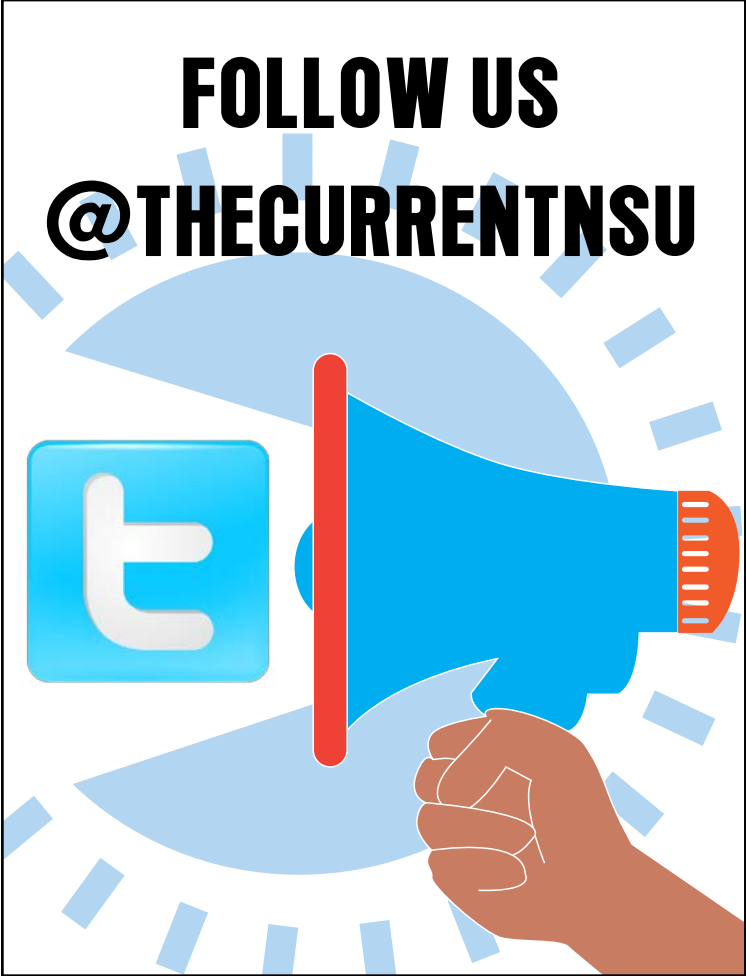
Kilroy believes it’s important to have an international perspective. As the chair of the international studies major, he believes it is crucial for students to study abroad and would love to see study abroad be mandatory for undergraduate students.

“For an international studies student, it’s vital but I think every student should study overseas. It’s great that the school offers study abroad options but I think we need more. I would love to see more systematic and institutionalized

study abroad integrated into our curriculum,” Kilroy said.

Kilroy is passionate about traveling, reading and watching the English Premier League, but his love for history and the world never falters.

“I think history is very important. It’s cliché but history is the foundation of everything,” Kilroy said. “I think you can’t really understand the present and you certainly have no sense of what lies in the future until you understand the past.”



# HEARING THE CRY FOR HELP

By: **Keren Moros and Maria Almillategui**

In the aftermath of Robin Williams’ death, people are becoming more aware of suicide and how to help others who are contemplating taking their own lives.

Douglas Flemons, co-director of NSU’s Office of Suicide and Violence Prevention, said people take their own lives at least twice as often as people are killed by others. Suicide is the second-leading cause of death among college-age people, and about one in every 10,000 college students take their lives every year.

“We hear about the homicides because the news coverage is there, but unless someone like Robin Williams takes his own life, we generally don’t hear about it, mostly because people are afraid to talk about it,” Flemons said.

However, despite the press coverage of William’s suicide, some people are still afraid to talk about suicide.

“When people don’t know about it and they’re ignorant of what’s actually going on, that obviously creates more risk because then you can’t be prepared if you don’t know what to look for or you don’t know what to do to prevent it,” Flemons said.

Debra Goldman, director of the Henderson Student Counseling Services, said one of the myths about suicide is that if people talk about it, people will think about it. However, talking about it actually allows people to recognize its importance.

“People who might be considering it might be more willing to come and

talk to someone about it because it is out in the open,” Goldman said.

People should also understand that suicide is not inevitable and that the vast majority of people who contemplate suicide do not attempt suicide.

“There’s a wrong idea that if somebody wants to take their life, they’re going to manage to do it and there’s nothing we can do to prevent it,” Flemons said. “If we can prevent them from having access to some means of taking their life, then that can protect them for months, years, decades into the future. We don’t want to have a sense of futility and think that there’s nothing that we can do.”

Though some choose to take their lives because they are going through depression, every person’s case is different and depression is not always the cause of suicide.

“College students who might be feeling depressed might feel overwhelmed with school or life that they aren’t able to cope well,” Goldman said. “Sometimes people don’t recognize that there are other options. They might be embarrassed to tell someone. They might be afraid that there will be negative consequences if they tell someone how they’re feeling. Someone might be going through something traumatic in their life and they don’t know how to handle it. Every single person is different.”

Flemons said that looking for signs of change in others is an excellent way to help prevent suicide.

“One of the most pernicious aspects of depression that leads to someone making the choice to take their life is a very profound sense of

alienation,” Flemons said. “They feel they can’t fit in, don’t belong or are somehow kept out of human contact. That leads to a sense of ‘People that I know will be freed up by my death. I’m a burden. I will relieve other people by taking my life.’”

Goldman said a change in behavior is usually indicative that something is going on whether it’s good, bad or different. Other signs that someone is going through a hard time include isolation, inability to cope with every day stressors, expressing strong feelings such as anger, and not getting enough sleep or going through a change in sleeping patterns. However, these signs are different for each person.

Reaching out is the first step when people see these behaviors in others. Though the natural response is to encourage the person and tell them things are going to get better, Goldman said the best thing to do is validate someone’s feelings.

“Sometimes it takes just one person to ask if everything is OK for the other to feel that they are not alone and maybe there is someone out there to listen,” Goldman said. “Someone’s feelings are different from your own. What they experience is different from your experience regardless if you think it’s a problem or not.”

Flemons agreed. “Any contact is better than nothing but to the degree that you can make the contact and listen rather than try to force feed hope that can allow the person to feel heard,” Flemons said.

Flemons said the next step is to take action and get them connected

with somebody whose expertise is in being able to connect with someone who doesn’t feel they can connect with anybody. At NSU, that means talking to a professor, resident assistant or administrator or going to the Henderson Student Counseling Center in the University Park Plaza.

“It can be amazingly helpful to get somebody to go see a counselor by saying ‘I’ll go with you and I’ll sit in the waiting room while you’re there’

because it makes it possible for them to make the human connection that’s the first step to making things turn around,” Flemons said.

Whatever the signs, it’s important to remember that no one is alone.

“There is always someone to talk to,” Goldman said. “There’s always a solution. Whether it is a counselor, a trusted professor, a friend, there is always someone to talk to.”

## SUICIDE AND VIOLENCE PREVENTION RESOURCES

**Office of Suicide and Violence Prevention**  
954-262-5852

**Henderson Student Counseling for student**  
954-424-6911

**Henderson Student Counseling 24/7 hotline**  
954-424-6911

**National Suicide Prevention hotline**  
1-800-SUICIDE (784-2433) and 1-800-273-TALK (8255)

**Broward First Call for Help**  
211 or 954-537-0211

**Office of Public Safety**  
954-262-8999

**MHNet hotline for concerns about NSU employees**  
1-877-398-5816



## Career Corner

I am a freshman. Why do I need Career Development?

By: **Emilio Lorenzo**

Being a freshman in college can be overwhelming as you have a number of people providing you information from every which way and you are still trying to just transition from high school to a higher education setting. As a freshman, you probably asked yourself, why do I need career development?

Career development can offer you an avenue to explore your interests, strengths, values, motivations and overall fit for a certain career or field of study. Deciding on your future is not as easy as spinning a wheel, but having someone to bounce ideas off of can help provide greater clarity for your future career goals. Making a decision can be even more difficult when your classmates have decided their major, and it looks as if they have the next 10 years planned to the very last detail.

You shouldn’t decide your career solely on trends among friends and families or what a Yahoo article said about the future prospects of a career you are interested in; it is up to you to decide your own journey. Just remember that the journey to reaching your goals is never a straight shot and your first year in college is the ideal time to consider all your career options. Career development can help you focus your exploration and help you overcome

the challenges that emerge in your career-decision making process.

One great way to help you get started in the process is taking a career assessment, which may help you explore your career even further. Assessments like the Myers-Briggs Type Indicator and MyPlan can give you a better understanding of who you are and what you value going forward in your personal and professional life. At the end of the day, the more you know about yourself and what you value, the more you will be able to make a well-informed decision about your future.

Career Development isn’t just beneficial if you are deciding on a major as a freshman, but it can help you implement a game plan to make the most of your first year. If for example you are a biology student and have a long-term goal of getting into medical school or dental school, career development can help you identify and market yourself effectively for experiences such as shadowing, leadership involvement and volunteering that can make you a stronger candidate after graduation. The relationships you form with your adviser and your career development office will provide you with another support system throughout your four years and help you approach your

goals strategically.

Being a freshman can be exciting as you will have many clubs, interest groups and leadership opportunities available to you that can prove valuable for your career interests. If you are a freshman but looking to get more involved on campus by pursuing experiences such as becoming a resident assistant or orientation leader then career development can help you develop your professional resume, cover letter and help you develop strong interview skills. In addition, even if you are not interested in pursuing internships early on in college, career development can help you explore opportunities that will clarify if a certain career field is an ideal fit. Your career adviser can also help you understand the value of such experiences and how to make the most of such leadership positions.

Your career journey will have a few speed bumps but career development can help you prepare for such obstacles and create a plan of action that will help you become a well-rounded professional. Overall, career development can support you in all aspects of your career; you are Batman on this journey and career development is the utility belt that helps you reach your goals.



## Wellness Bite

“Pilates is a practice, a way of life, bringing awareness to the body and building core strength.”

Jade Chen, pilates instructor



# Athlete of the week: Monica Sapp

By: **Michaela Greer**

Canadian sprinter Donovan Bailey once said, “Follow your passion, be prepared to work hard and sacrifice, and above all, don’t let anyone limit your dreams.” What is simple advice for some has become the essence of track and field team member Monica Sapp’s life, evident from the countless hours spent perfecting her talent, to the determination she displays off the track in her studies.

The Florida native began her track and field career at 10, much to the delight of her father. He ran track while he was in the U.S. Air Force and not only supported his daughter but also coached her. Sapp said his rough coaching sessions pushed her to do her best.

“He shaped me and molded the talent God has blessed me with,” Sapp said. “I always loved running; it’s been my passion. My father just encouraged me and told me I could be a star.”

Sapp began to excel in track and field during high school as she honed her skills in preparation for every race, ultimately earning a scholarship to NSU.

Sapp is a junior elementary education major. Instead of abandoning track and field in the pursuit of teaching, she has found a way to do both.

“Since I was little, I always wanted to be in the teaching field,” said Sapp. “I would like to teach, and then wherever I teach, I would like to be a track coach.”

This dream of hers is becoming a reality, as she was a recipient of the distinguished Minority Teacher Education Scholarship from the Florida Fund for Minority Teachers this semester. The two-fold scholarship award will allow her to receive funds for her studies during her final two years at NSU, in addition to an increased chance of being hired as a teacher in Dade or Broward County after graduation.

“My professor told me about the scholarship for minorities, and I signed up and received it. You get the money for school and then they put your name out to all the Dade and Broward schools and then, after you graduate, hopefully you get a job. I would like to teach first grade once I get out there,” said Sapp.

In the meantime, she continues to improve her skills on the field and tackles her challenges head on.

I sat down with Sapp and asked a few questions.

**How would you describe yourself as a runner?**

“I’m very determined. I want

to do my best and make sure that I hit the goals that I want to reach. I make goals for myself every year. This year I am running 400 hurdles for the first time and I hope I can reach the goals that my coach and I have in place.”

**Who is your favorite runner?**

“I have a few, but I really like Sanya Richards-Ross and Allyson Felix. I met Sanya Richards-Ross here during my freshman year and it was a great experience.”

**Do you have any special rituals before meets?**

“Well, my mom and I always pray together. I call her on the phone. We’ve been doing that since I was 10 when I started running. We always do that. It motivates me. She prays and then she gives me a Bible verse and I’m ready to go.”

**What’s your favorite movie?**

“‘Love and Basketball.’”

**In a movie based on your life, who would you want to play you?**

“I’d like to play myself because I can’t think of anyone else.”

**What are you most grateful for?**

“I am most grateful for my parents. They have sacrificed everything for me and my four



Monica Sapp is a member of the track and field team.

COURTESY OF E. CANAL

siblings. They are my backbone.”

**What has been your most memorable moment?**

“When I got my jersey hung at my high school. They have a picture of me there too because I was the only person who made it to state over the last five years.”

**What is the hardest thing you have ever done in your career?**

“I think I’m doing it now and

that would be becoming a hurdler. It’s very tough for me but I know that I can do it with the strength God gives me.”

**What would be your advice to any athlete?**

“It’s not just talent. You have to work hard for it. You can’t just think ‘I’m going to get it’ by just having talent. You have to put in the hard work and be dedicated to the sport.”

# FARMER’S MARKET

**HERE ON CAMPUS!**

## Wednesdays | Noon-5 p.m. at the Library Patio

Local organic produce, artisanal goodies, plants & flowers, honey, bakery goods, dog treats and more!

**Shop and eat locally.  
It’s good for you and  
your community!**

**FREE**  
Chocolate chunk cookie  
at the **Cookielicious**  
booth with this ad  
\*must be used by Oct. 8

**Visit our other markets:**

**Tamarac**  
Veterans Park  
7501 N. University Dr.  
Sundays 9 a.m. - 2 p.m.

**Lauderdale By The Sea**  
El Prado Park  
4500 El Mar Dr.  
Every other Sunday 9 a.m.-2 p.m.

**Volunteer Park**  
12050 W. Sunrise Blvd.  
Plantation, FL 33323  
Saturday 8 a.m. - 2 p.m.

[www.communityfarmersmarketsofsouthflorida.com](http://www.communityfarmersmarketsofsouthflorida.com)

## INTRAMURAL RACQUETBALL TOURNAMENT

**Double Racquetball Winners:**  
Asst. Professor Jeffrey Lyons and  
Professor Dimitrios Giarikos

**Single Racquetball Winner:**  
Matthew Mallory

# ON DECK

WOMEN’S SOCCER		
vs. Rollins College Winter Park, Florida Oct. 15, 4:30 p.m.	vs. University of Tampa Tampa, Florida Oct. 18, 4:30 p.m.	
MEN’S SOCCER		
vs. Rollins College Winter Park, Florida Oct. 15, 7 p.m.	vs. University of Tampa Tampa, Florida Oct. 18, 7 p.m.	
WOMEN’S VOLLEYBALL		
South Region Crossover		
vs. Union University Winter Park, Florida Oct. 17, 11 a.m.	vs. West Georgia Winter Park, Florida Oct. 17, 5 p.m.	vs. West Alabama Winter Park, Florida Oct. 18, 3 p.m.
MEN’S & WOMEN’S SWIMMING		
vs. Saint Leo University NSU Aquatic Complex Oct. 18, 1 p.m.		

**For more game information, visit [nsusharks.com](http://nsusharks.com)**



# Coach's Corner

## Dan King



Dan King is the new assistant volleyball coach. COURTESY OF E. CANAL

By: **Randa Djabri**

Growing up Lakeland, Florida, Assistant Volleyball Coach Dan King started playing sports to spend time with the kids in the neighborhood playing tennis and flag football.

“I was 15 when I started playing. I was in band in high school and that’s what we did after band practice,” said King.

Amusingly, King had teachers and bosses that were instrumental in guiding him though, as opposed to coaches.

“I started to have these people that I consider mentors only once I started coaching, not before when I was playing,” said King.

King’s 20-year volleyball career began with his first coaching job at 18-years-old as an assistant coach in a small Catholic high school. A few years later, King was offered a job to become the assistant volleyball coach for Lakeland Senior High School’s junior varsity team. He worked with

Lakeland’s team for a couple of years and later became the head coach for four seasons.

King was an assistant coach at Saint Leo University for four years where he helped lead their team to their first-ever NCAA tournament appearance. He also guided Webber International University’s volleyball team as they scored one of their best records in their program history. King came to NSU after four seasons as an assistant coach at Southeastern Oklahoma State University.

King believes that attitude and personality are key to success.

King doesn’t resemble other coaches that who recruit players based on body type. He thinks body type is important to some extent, but it’s not everything.

“We recruit more based on personality traits. Attitude is everything,” King said.

“We like kids who are fun going and have high energy because at the end of the day we put a lot of time together. If we can’t have fun with

the kids, then it’s not going to make coming to work every day fun.”

When it comes to coaching, King enjoys spending time with individual players in the spring and teaching them.

“Coaching changes depending on the time of the year we’re in,” said King. “The teaching aspect takes place in the spring but right now we don’t really have time for that. Since it’s competition season, our time is spent and focused on team system.”

Although he doesn’t like motivational speeches, King has his own way of one-on-one to inspire the team.

“If they want their job done right, they motivate themselves,” said King.

Not everyone gets the chance to do what they like for a living, and King has been privileged to do what he enjoys doing.

“You can’t go to work everyday and just hate what you’re doing,” said King. “You have to find your passion and do what you want. I do what I do, and enjoy it.”



### Men’s Soccer

The men’s soccer team lost their first two Sunshine Conference openers against Saint Leo 2-0, and 5-0 against Florida Tech.



### Women’s Soccer

The women’s soccer team also fell twice in the two Sunshine Conference openers, losing 2-1 against Saint Leo and 4-3 against Florida Tech.



### Women’s Volleyball

The women’s volleyball team cruised past Florida Tech as they defeated the panthers 3-0. Their next game was a 3-1 loss against Lynn.



For more results, visit [nsusharks.com](http://nsusharks.com)



# ON THE BENCH

Commentary by: **Rhanda Djabri**

Arizona Cardinals running back Jonathan Dwyer was arrested and charged with assault after breaking his wife’s nose and throwing a shoe at their 18-month-old child. Carolina Panther Greg Hardy was recently found guilty of assaulting his former girlfriend and threatening to kill her. And the streak of bad news continues in the NFL, as Vikings running back Adrian Peterson was indicted for child abuse soon after Raven’s Ray Rice domestic violence case.

Yet, with such horrific crimes we don’t see any real solutions being put in action to end violence. When punished, most players are suspended for a couple of games until people start to forget and then they come back and the ball gets rolling again. The NFL needs to step up and help itself as well as its players and

fans, by putting general interest above all personal and business interests. The main goal should be to treat the problem from the root. Figuring out the cause is key, whether it’s related to the aggressive sport they’re playing or whether it arose from a personal problem. The right choices need to be made regardless of consequences. Aggression and anger should not be targeted toward women and children. This is exactly why these players need help.

Ideally, athletes are supposed to be role models for children and teens. They’re expected to be true performers who are hard-working and committed individuals, which they are to some extent since it is their determination that led to their professionalism after all. But reaching the top is not everything; it’s their ability to remain there that counts.

Because of their aggressive actions, most of us know better than to set these violent people as our role models. Nevertheless, these athletes know how strongly they influence children and should have some consideration for the negative effects their behavior causes. They’re partially responsible for showing children the correct way in life by setting a shining example.

Yet, these players have been acting like ruthless criminals, as if they want to see who will outweigh the previous person’s offense. Who hasn’t seen the explicit pictures of Peterson’s 4-year-old’s body with cuts, bruises, and lacerations on his thighs, hands, lower back and buttocks or watched Rice heartlessly punching his wife in the elevator and

knocking her unconscious?

We’re all familiar with the Spider-Man quote, “With great power comes great responsibility.” Fame is a type of power because it allows the famous to lead the young with their words and actions. Of course, no one is perfect, but anyone who chooses to advance in the path of fame knows that they’ll be under the national, if not international, spotlight and all their actions are magnified for everyone to see and judge.

According to Benjamin Morris’s research for FiveThirtyEight polling, domestic violence now accounts for 48 percent of arrests for violent crimes among NFL players, compared to the estimated 21 percent nationally. While conviction rates fall at 36 percent

compared to the 77 percent general conviction rate. It seems that the NFL is interested in reducing their players’ rates of domestic violence just so that they don’t lose them due to “distractions” such as suspensions and jail time.

It is well deserved that big corporations like Nike are disowning these players to join the fight against violence. However, there are other ways this problem should be tackled other than punishment and discipline. Psychological and emotional counseling as well as anger management therapy are other options that will treat the problem from the root. Suspending the players or expelling them might partially help by alleviating responsibility on the NFL’s part, but it will not solve the problem and most definitely it will not end the violence.



# FALL STYLE FILES

By: **Sydney Cook**

Our love for summer has no limits in the Sunshine State, but there comes a time when we long for cozy sweaters and a good pair of boots. This fall’s top trends are the color white, knits and prints. Along with these stand-out fads, the 90s are back with chokers and cut-out booties that make any getup more edgy. With the new mixed with throwbacks, these fall looks are certainly something to be thrilled about.

We’re all aware of the old “no white after Labor Day” rule, but this year, wearing white after Labor Day is no fashion faux pas. Last spring, white was a huge trend and it continues even as the leaves begin to turn magnificent colors. White is the epitome of “standard” this fall and there are various wear it. But first, dump those bright summer colors. Replace your bright pinks, yellows and greens and pair white with darker colors such as red, mustard yellow and forest green.

Dark pants work well with white if you are wearing a white top and you can also wear white pants with a dark top. A denim top with minimal accessories is a great option when wearing a pair of classic white skinny jeans as white jeans have proved to be a staple wardrobe piece. Wearing

all white, be it a dress or maybe a white top and white skinny jeans, is acceptable this season, but to be a fall standout, add a dark colored lightweight cardigan over your outfit, dark shoes, or a dark purse. Adding pieces of color to an all white outfit is all it takes to breakup an otherwise monochromatic look.

If dark colors are not your thing, don’t worry; there are also ways to achieve fall style while wearing white without adding dark colors. This includes wearing a white sweater, which will give off a cozy fall look. Just think about how major you will look in a white sweater paired with your favorite denim bottoms.

One of the most popular fall trends to look forward to are knits. Comfy wool knits are cool this year and meant to be worn in muted shades such as nude and grey. Although Florida doesn’t get very chilly, that doesn’t mean we are exempt from a fashionable fall; there are many ways to pull off the comfy fall look while still staying cool. Crop tops, short sleeve tops and even tank tops can be worn in cozy fabrics such as wool to give off a fall-inspired look while staying cool in warm weather.

Another easy way to say good-bye to summer and hello to fall is trading your sparkly summer



lip glosses for a dark-colored lipstick. Many choose to step away from the typical red lip and sport dark burgundy lipstick such as Maybelline’s Wine and Forever (\$7 at drugstores) for a bold look. Summer colors tend to clash with dark colors, such as burgundy, so fall is the perfect time to whip it out and rock it. Everyone can pull off burgundy lipsticks, as long as it is worn with confidence. If burgundy lips are too much for you, neutrals, such as nudes and browns, also work this fall. A natural face is the essential fall look; you’ll never go wrong with light, natural-colored foundation and a little blush.

Light makeup allows you to get crazy with your wardrobe with multicolored prints, which are also taking center stage this season. Shying away from summery florals allows crazier prints such as geometrics and swirls to blossom. On those days where the somber fall weather has us feeling down, print mashups are there to lift us up. If you’re feeling bold enough to wear prints from head to toe, the best way to pull



This fall we’re ignoring the old “No white after Labor Day” rule.

PHOTOS BY D. HUGHES

this off is by wearing a printed jumpsuit or romper. Animal prints, such as snakeskin and leopard, have become the new neutral and should be worn only with earth tones. Last season, it was acceptable to mix prints for a fun look. However, this season, it is best to choose one print and pair it with a solid piece.

Pairing any of your fall looks with a choker or a pair of cut-out booties will add instant edge to your look. This season’s chokers are just as varied as they are fashionable. Depending on the look you’re going for, you’ll find chokers that are edgy and scream Rihanna and some that are chic

and shout Nicole Richie. Chunky cut-out booties are a huge kick this season, as seen with celebs like Kylie Jenner. They are popular because they allow you to be glam, yet comfortable because of the chunky heel. Outfits feel brand new when styled with a pair of edgy boots.

By trying any of these trends, you are sure to make fashionistas around the world stomp their chunky boots in pride. You may even feel as if you’ve just walked off the pages of Vogue. So when you’re going shopping, don’t forget to pick up some knits and prints and find you some “glam- fortable” boots.

# HOW FAR GONE CAN A GIRL GO?



The treasured novel “Gone Girl” has been transformed into a mysterious film.

COURTESY OF ALICEMARVELS.COM

By: **Alyssa DiMaria**

To capture Gillian Flynn’s addictive mystery “Gone Girl” on the big screen is to portray the suspenseful, riveting crime drama and forcible page-turning book. David Fincher, director of “Fight Club,” “The Social Network” and “Panic Room,” has risen to the challenge by creating a thriller episodically arranged around twists and turns.

The script and plot seem to work seamlessly together to illustrate the treasured novel. As we watch Flynn’s creation come

to life through Fincher’s work, the cutting dialogue lures the audience to question their companion. For the moviegoers in a relationship, those questions may have them squirming in their seats on the car ride home more than the movie itself.

While your nerves start to rattle as the deliciously dark movie unfolds, it’ll make you think twice about who you share not just a bed, but a life with. It’s only a date-night movie if you are confident you truly know the person next to you, and even then, you’re bound to set aside a chunk of your time after the date discussing opposing

views, even hours after the movie has ended.

I’ll tell you this: the movie is a mischievous game, which aims to sway your sympathies with each twist in the story. Mysteries, cliffhangers, blood-curdling sex scenes, along with some sleeping-with-the-enemy provocations and nightmares of misogyny fill you with thrill and fear.

“Gone Girl” is a romantic love story and a murder mystery in one. You’ll be looking for a flashlight to cut through the darkness you’re left in. It’s a constant search for the missing puzzle piece in the

jigsaw of horror.

The movie centers on the sickening yet enticing relationship between married couple Nick Dunne, played by Ben Affleck, and Amy Elliott, played by Rosamund Pike. Fincher followed Flynn’s lead and depicted the story in two parallel threads.

One thread illustrates Nick coming home after a morning outing and realizing that Amy, his wife of five years, is gone — completely missing. He sees signs of a struggle, the police are called in — a persistent investigation of police detective Rhonda Boney played by Kim Dickens takes place. With willing volunteers and media attention, the pieces form into a whole and point to Nick as the prime suspect.

The second thread is told through Amy’s diary, which begins by expressing the magical firework that sparked the instant the two locked eyes, followed by a perfect New York City marriage. The dreamlike marriage seems to come across a stumble when the recession, unemployment and a move to Missouri to be near Nick’s dying mother. Amy’s diary entries point to a troubled couple and accusations of Nick turning violent. But Amy’s diary is a mystery in itself.

The role of Nick Dunne is a perfect fit for Affleck; he

effortlessly captures Nick’s surprising apathy, shameless charm and disheveled good looks. Affleck allows the audience to decide whether or not they should sympathize with him or be repulsed by him because after all he is the killer of his innocent, helpless and beautifully enchanting wife — or is he?

Similar to Nick, Amy is an intricate character to figure out. Pike is devilishly good at tempting the audience to adore her. As the events unravel, Pike is fascinating as she continuously messes with our expectations. Nick and Amy are a one disturbing couple and Pike and Affleck make them even more compelling.

The simple answer is hardly ever the right one, and there’s more to this case than what is on the surface. Readers of Flynn’s book know what that more is, and they keep their nail biting mouths quiet to the rest of theater — because some surprises are too sweet to be spoiled.

It’s clever and risky — truly tremendous. It’s absorbing and deep — magnificently memorable, an unsolvable puzzle, the mystery of another. In good times and bad, in sickness and in health, “Gone Girl” vows to be an intensely captivating noir.



# FACULTY SHOW OFF THEIR WORK AT NEW EXHIBITION



Hala Georgy, an adjunct professor at the H. Wayne Huizenga School of Business and Entrepreneurship, displayed her art at the Faculty Exhibit.



By: **Destinee A. Hughes and Keren Moros**

On Sept. 30, the Farquhar College of Arts and Sciences celebrated the opening of the Seventh Annual Faculty Exhibition. The exhibit will be open until Oct. 31 in Gallery 217 in the PVA wing of the Don Taft University Center.

One of several exhibits the college hosts throughout the year, the Faculty Exhibit features several pieces from NSU professors and adjunct instructors including Ed Fitzpatrick, Zachary Ordonez, Daren Capirchio, Broderick Jones, Linda Payne, Hala Georgy, Janet Rudawsky and Veronique Cole.

Hala Georgy, an adjunct professor in the H. Wayne Huizenga School of Business and Entrepreneurship, may not teach art classes at NSU, but she has several pieces in the exhibition and credits her father for passing down his artistic skill.

One of her pieces is “To Her Love,” an oil painting depicting a

man and woman. “It can look as if they are in a glass of champagne or sitting at a piano,” she said. “It kind of represents romantic love.”

Her other piece includes “Shadows of Shapes,” depicting a woman who looks straight at the viewer.

“She is looking in the mirror, looking at herself remembering her past and thinking about the future,” Georgy said.

Daren Capirchio, associate director for Residential Life and Housing, has a master’s in painting from Savannah College of Art and Design. He is an adjunct at Broward College’s visual and performing arts department and became an adjunct at PVA this semester. This is the first time he’s presented his art at NSU, and Capirchio enjoyed the exhibit opening.

“I really enjoyed the interaction with the other faculty,” he said. “I really appreciated the interaction with the students from Farquhar. I enjoyed seeing the other artist’s works, it was a good experience.”

His pieces include oil paintings

and watercolor drawings “Offering,” “Santi Medici,” “Solitro’s Bakery” and “Santa Maria Della Civita.” Each depicts people celebrating Catholic festivals.

The inspiration for his pieces is his Italian American cultural heritage and the events he celebrated with his family growing up in Rhode Island.

“I grew up in a neighborhood where we would do a religious festival every summer, dedicated to the Virgin Mary,” Capirchio said. “It was a week in the summer full of marching bands and fireworks and parties and tradition and family. So I really want to remember that these events occurred. They’re kind of fun and they’re kind of weird. It’s a religious piece, but it’s also a big family piece and patriotic piece as well.”

Capirchio said he encourages students to visit the gallery to view the works.

For more information and gallery hours, call PVA at 954-262-7620.



Daren Capirchio’s paintings “Offering,” “Santi Medici,” “Solitro’s Bakery” and “Santa Maria Della Civita” depict religious festivals. PHOTOS BY D. HUGHES

# “WE FOUND THIS GREAT LITTLE PLACE”

**Celebrating 37 Years**

**Gluten Free Pizza & Pasta**

**PIZZALOFT**

YOU WILL TASTE THE DIFFERENCE

**Whole Wheat Pizza & Pasta**

**CATERING • GREAT FOOD • GREAT PRICE**

## WHAT MAKES US DIFFERENT

**All of our food is either baked or sauteed to order. There is no microwave or deep fryer in our kitchen.**

Jeff Cohen, chef & owner, opened Pizza Loft in 1975 at the age of 18, living in the back of the restaurant & working non-stop developing recipes & training employees. Jeff can still be found managing the dining room & cooking on the line almost every night. With one glance, you will see the passion he brings to the Pizza Loft every day. Several of the chefs & managers have been with Pizza Loft for more than a decade, which is unheard of in the restaurant industry. Jeff & the entire staff look forward to serving you.

### FREE PIZZA

Buy Any 2 Dinners Entrees & 2 Drinks & Get A 12" Pizza **FREE** (up to an \$11.95 value)

DINE-IN, TAKE-OUT or DELIVERY  
Toppings Extra DSS

Cannot be combined with any other offers. Must mention coupon. Limited Time Offer.

### PIZZA SPECIAL

Large Cheese Pizza, 6 Garlic Rolls & 2 Sodas

TAKE-OUT OR DELIVERY **\$17<sup>95</sup>**

DINE-IN **\$19<sup>95</sup>**

DINE-IN, TAKE-OUT or DELIVERY DSS

Cannot be combined with any other offers. Must mention coupon. Limited Time Offer.

### HALF PRICE

Buy Any Dinner Entree & 2 Drinks And Get The 2nd Entree at **HALF PRICE**

2nd Dinner Must Be of Equal or Lesser Value

DINE-IN, TAKE-OUT or DELIVERY DSS

Cannot be combined with any other offers. Must mention coupon. Limited Time Offer.

**954-916-8880** **3514 S. University Drive • Davie**

**www.thepizzaloft.com** (Located next to Nova Southeastern University behind Pier 1 Imports)



# SPICY, SUBSERVIENT AND STUPID: LATINA STEREOTYPES IN THE MEDIA

By: **Nicole Cocuy**

Thick. Steamy. Browned to perfection. These three labels are used to describe things that satisfy every man’s needs: a succulent, juicy steak and, according to the media, a Latina woman.

In an era where there are Latina doctors, lawyers, Congresswomen, governors, CEOs, Supreme Court justices, and even astronauts, our media still treats Latina women like drool-worthy pieces of meat.

Turn on your TV and you will see Sofia Vergara perpetuating racial stereotypes as a fiery, voluptuous trophy wife on “Modern Family.” Listen to the radio and you will hear Jennifer Lopez, an intelligent and multi-talented mother of two, singing about what she is famous for: her butt. Even Consuela in “Family Guy,” Lupe in “Arrested Development” and the entire premise of Eva Longoria’s “Devious Maids” are harmful offenders that paint Latina women primarily as passive domestics with a poor grasp of the English language.

Latina women are limited to roles as either exotic, sultry sex symbols or ultra-religious, submissive housemaids — roles that rarely exhibit any substance or intelligence. Both stereotypes, the desirable temptress and the obedient housekeeper are extreme versions of what society deems as every man’s dream woman: a curvy, passionate lover who oozes with sex appeal and a subservient, family-oriented wife who can cook and clean. These dehumanizing caricatures are



The media limits Latina celebrities like Sofia Vergara to stereotypical portrayals of Latina women, opening the door to degrading actions and perceptions in the real world.

COURTESY OF NYDAILYNEWS.COM

demeaning. The sole role of a Latina woman in the media is to support and fulfill someone else’s needs over her own, rather than pursue any personal goals, produce any original thought or express any acknowledged opinion.

Because the media creates Latina characters that have nothing to contribute to society other than their hypersexualized body parts and subservience, it excuses racist

objectification in real life. At this year’s Emmy Awards ceremony, to spice up the part when the Academy’s accountant dully discusses the voting process, easily the most boring part of every award show, Vergara was literally placed on a slowly rotating pedestal so we could all gawk at her perfect body. Her body was literally used to distract and entertain us.

A fictional Latina woman’s passivity and overt sexuality are impossible to be taken seriously in the work place. It paves the way for bosses, coworkers and even employees to push over professional Latina women and even sexually harass them. According to the Southern Poverty Law Center, 77 percent of Latina women have stated that sexual harassment is a

significant issue in their work place. Latina women are objectified, even in professional settings, because the media condones this behavior.

On a personal level, my mom is an intelligent, classy, professional Latina woman. She immigrated to the United States from Dominican Republic when she started her bachelor’s degree in computer science. Since graduating from the University of Houston, she has taught computer science classes in English to Spanish-speaking community college students, has worked for Xerox as a computer consultant, and currently manages a Latin American cloud support field engagement group for Microsoft. Yet, she often encounters bossy cashiers who talk down to her and annoyed clerks who impatiently give her instructions just because she still has an accent. Whenever my mother approaches someone with a question, that person already has a preconceived idea of her personality and level of intelligence based on overexaggerated stereotypes and responds rudely.

The fact that my mother, an accomplished and experienced leader, gets pushed around in public frequently based on her race and gender is degrading. The fact that Vergara and Lopez need to advertise their hypersexualized body parts to be relevant is disgusting. The fact that TV shows and movies reserve Latina actresses for roles that are caricatures of harmful stereotypes is racist. Latina women are so much more than maids and trophy wives and the media needs to recognize that.

# THE REALITY RAMPAGE

By: **Lauren McGarrett**

It’s impossible to flip through channels on TV without catching a glimpse of a reality show.

With the creation of “Candid Camera” in the 1940s, reality television is nothing new. However, the genre has expanded in recent years to cover a wide variety of subjects. Whether it’s “The Real Housewives,” “The Bachelor,” “Hoarders” or “Kitchen Nightmares,” it’s as though there is a show for every quirky interest in the world. Aside from not having much reality at all, one thing that almost all reality shows have in common is drama, backstabbing, and possibly even violence among cast members. Hair-pulling, name-calling, uppercuts and table-flipping — nothing is spared in these on-air altercations. With all of the fighting that goes on, these shows communicate to their viewers the idea that all it takes to get famous is to throw a few punches. It also tells TV producers that an audience will be satisfied with the show so long as they can incorporate some amount of needless violence, which takes away from the amount of more innovative TV programming,

such as shows that rely on creative storytelling or shows that actually aim to educate the audience.

In the season one finale of “The Real Housewives of New Jersey,” a series about the lives of wealthy housewives, Teresa Giudice famously flipped a dinner table when enraged by a fellow cast member. Following the table-flipping, Giudice went on a profanity-filled tirade, letting all her cast mates know exactly how she felt about them. In the fourth episode of “Married to Medicine,” a show focusing on women who are connected to the medical community, cast mates Mariah Huq and Toya Bush-Harris confront each other at a black-tie event. The two brawled while wearing their ball gowns and sky-high heels. The show “Bad Girls Club” is centered on the feuds among its female housemates, so violence is staple material for each episode.

So why do producers feel the need to incorporate these confrontations into their shows? One explanation is that people are drawn to violence, so the reality shows feed the audience’s cravings in exchange for higher ratings. In a 2008 research study

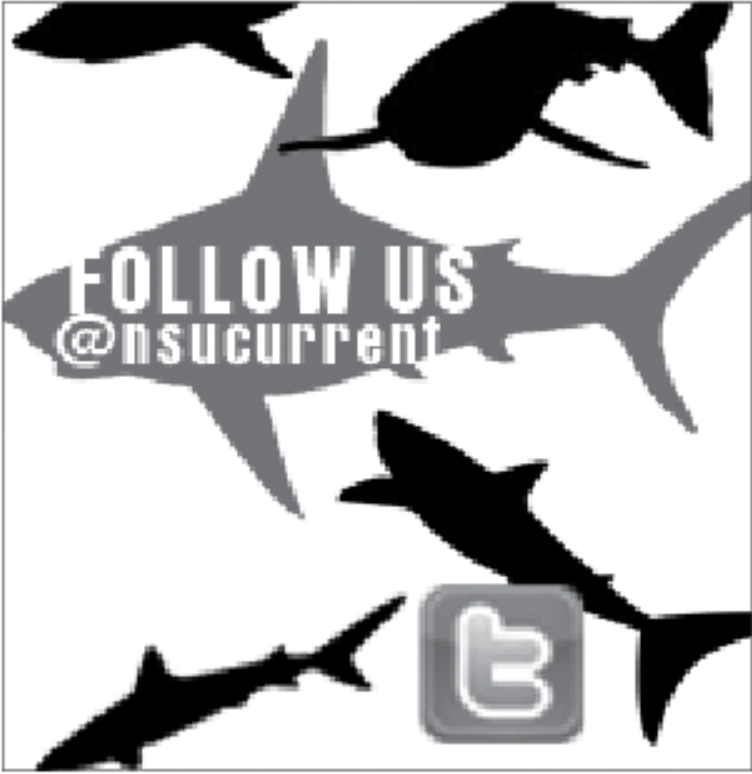
published in the psychology journal Psychopharmacology, researchers found that humans watch and/or take part in aggressive activities because they feel a “rewarding sensation” from it. The study was used as an explanation for why people enjoy watching harshly aggressive sports and violent movies. The same conclusion can be said for violent reality shows. The more punches that are thrown, the more people will tune in. People want to experience the thrill and suspense of not knowing who will swing first, who will win the fight, and how the fight leads to even more drama. Nearly 3.5 million people watched the season one finale of “The Real Housewives of New Jersey.” “Bad Girls Club” was the first show on the Oxygen network to capture more than 1 million viewers per episode. The finale of “Bad Girls Club: ATL” boasted a record-breaking total of 2 million viewers for Oxygen, according to Nielsen ratings. The fourth episode of “Married to Medicine” hooked 2.6 million viewers.

This is negative because as more people watch the fighting that goes on, the more that TV shows will resort to showing this type

of entertainment, pushing away the possibly more creative shows. Moreover, some who watch these shows may start to feel that it’s OK to behave that way when they find themselves in similar situations.

Whatever the reason may be, the producers of reality TV shows continue to use their programs’ competitive nature and violence as a means to drive plot lines and snatch its viewers’ attention. It’s a rather uninventive form of

entertainment, feeding solely on the public’s appetite for drama and not much else. For some, watching reality TV is like driving past a car accident: no matter how bad it may be, it’s hard to look away. The problem is that as reality TV shows remain prevalent, they make it more difficult for newer and more creative types of television to gain public recognition, thus creating the vicious cycle of cat fights and cast-mate confrontations.





# GET IT TOGETHER, NSU!

By: **Nick Mashburn**  
.....  
“Retention Rates. Retention Rates. Retention Rates.”

If you’re a student, faculty or staff of a university, you’ve heard the spiel. This rambling on and on about retention rates doesn’t do a university any favors, though; poor retention rates are only a small symptom of a much larger issue. This issue is often manifested in the university’s mindset as a whole.

It’s well-known that we tuition-paying students fund a university’s day-to-day operations, projects, initiatives and, most importantly, faculty and staff. This is true of any university. For a university to remain in operation, it must also function as a business. This does not mean, however, that a university is just a business whose product is education; this mindset is toxic. If a university is to be successful, it must be, first and foremost, an educational institution.

If a university truly is primarily focused on education, retention rates will take care of themselves. Think about some of the top schools in the nation — Harvard, Yale, UCLA, etc. —

and ask yourself if you think the leadership of these universities worry about retention rates. They don’t. They have to come up with new and innovative ways to interview the thousands of students who come knocking on their doors every year. This is all because they are primarily institutions of higher education first, businesses second.

There’s no reason NSU shouldn’t have students breaking down its doors to get admitted. Its professors are some of the best in the nation: they’re experienced in their fields, they’re passionate about what they do, and they’re innovative educators.

So why are the students leaving — or not even coming at all, for that matter? What happened to the old adage, “If you build it, they will come?” It still holds true, but in this case the “building” refers to neither the Don Taft University Center, the Carl DeSantis Building or the Parker Building. It refers to the experience; specifically the quality of the experience.

Leadership Expert and author Simon Sinek said in his recent TED Talk that “People don’t buy

what you do; they buy why you do it.” What this means is that students don’t select a university because of its classes, sports or the fact that there’s a Starbucks on campus; they are drawn to the university’s belief in providing an exemplary education and a world-class academic experience. This belief, this core and guiding principle, is what brings people in, not an \$80 million building.

That belief is nice and all, but how do you accomplish this? How do you convey that belief in quality education? First, you have to believe it. Who is this “you,” though? “You” is the board of directors. “You” is the administration of the university. “You” is every member of NSU’s faculty and staff; because if you believe it, they will. Who is “they”? “They” is every student who ever has and ever will walk through NSU’s doors and think, “Where will this take me next? What does the future hold?”

Next, you have to act on this belief. Feelings are warm and fuzzy and make for great greeting cards and inspirational speeches, but if those feelings are not followed by actions,

nobody will care. People are tired of hearing powerful words and inspiring messages; words mean nothing in this day and age. What really reaches people, what really communicates the authenticity of someone’s beliefs, are actions.

The backbone of any university — the very lifeblood of its existence — is its professors. There’s no getting around that. They are the main point of contact between a university and its students. Treat them that way, make them feel heard, make them feel valued. They are the quintessential component of your success as a university.

I can say, with complete conviction, that some of the most intelligent, passionate and caring people I’ve ever met have been my professors at NSU. They care about their students and want to see them succeed. They do this because they believe in the importance of providing quality education; they believe in and are passionate about what they do. Now take these people, who are each passionate about what they do, and bring them together and say to them, “We all believe the same things here. Let’s

work together and do something great — something bigger than anything we could ever do on our own.” People want to be a part of something bigger than themselves — a cause, a change in the way the world works or anything that will leave their mark on history — professors are no exception. Give them that opportunity.

So, stop worrying about retention rates; they’re not your ultimate concern. Focus on providing a high-quality education to as many students as possible, and the only time you’ll hear “retention rates” will be when other universities come to you to help improve theirs. When this happens, be sure to tell them this:

Your mission — your primary goal and highest aspiration — is education. Your focus is not money or business; it’s academic excellence. Money is not the commodity of a university, knowledge is. So, if you are truly an institution with the highest regard for education, students are not your paycheck; they’re your passion.

## Shark Speak: What are your thoughts on opening up a hospital on campus?

“I am opposed to that idea. I think it would bring in a lot more traffic around campus, and we would be hearing sirens all hours of the night. I like my sleep.”

**Tori Kendig**  
Freshman environmental science major

“I’m neutral because I think it would give NSU better opportunities as a graduate school, but I also think it would bring a lot more traffic to campus.”

**Jacob Ripp**  
junior marine biology and biology major

“I think a new hospital would be beneficial to the campus and the students because it’s a place to go if you ever get hurt, and you could also get jobs and internships.”

**Katlyn Magnotta**  
Freshman biology major

“It will be a great opportunity for both medical students and the nearby community to get help in whatever they need.”

**Jake Bence**  
Freshman chemistry major

“A new hospital on campus that is accessible to the students would be very beneficial and helpful for us when we have issues. It will give us more opportunities to succeed in our career paths, as well.”

**Kristina Antuna**  
Freshman biology major

“I think it is an awesome idea, especially for the graduate students who are a part of the doctor of osteopathic medicine program because it can help with residency placements and for them to be able to stay on campus.”

**Rachel Salvesson**  
Senior biology major

“I think it’s a good opportunity for those who are looking to go into the medical field, but I am also kind of worried that too much attention is being paid to the actual hospital because there are other things that other main campus students do need.”

**Sasha Pimentel**  
Senior communication studies major

“It will bring revenue and services to NSU. I also think that it will expand the learning capabilities of students at HPD and that it will give NSU an upper hand in terms of competitiveness when compared to other schools.”

**Stephen Roberts**  
Student in the master of medical science  
physician assistant program



# Help Wanted



*All students should contact the Office of Student Employment Website to apply for these positions:*  
[http://www.nova.edu/financialaid/employment/how\\_to\\_apply.html](http://www.nova.edu/financialaid/employment/how_to_apply.html)

**Facility Supervisor-(785)**  
**Job ID: 4721**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Manage recreational facilities in conjunction with and in lieu of a professional staff member. Supervise other student staff through training, supervision and evaluation. Open and close the facility, attend to injured patrons, supervise all behavioral control incidents, prepare shift reports, supervise all facility reservations, set-ups and breakdowns.

**Music Director-(1060)**  
**Job ID: 5297**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Responsible for reviewing, cataloging and placing into rotation new music on a regular basis.

**Lab Monitor-(54)**  
**Job ID: 5328**  
**Hours: 20 hrs./week**  
**Rate: \$8/hour**

Assist students and faculty with computer related problems in the computer labs.

**Student Assistant - Research-(HPD189)**  
**Job ID: 5331**  
**Hours: 20 hrs./week**  
**Rate: \$9.50/hour**

Assist in research studies. Assist research participants and help collect HIPPA forms, NSU research agreement. Assist in data entry of research findings.

**Student Assistant-(HPD182)**  
**Job ID: 5330**  
**Hours: 20 hrs./week**  
**Rate: \$8.50/hour**

Type, scan & fax correspondence. Manage mailing and data entry. Assist other staff members in assigned projects.

**Graduate Assistant-(1045)**  
**Job ID: 5325**  
**Hours: 20 hrs./week**  
**Rate: \$11/hour**

Develop materials, organize registrants, and assist the CARD staff during special events and projects development and implementation. Answer questions and responds to registrations for special events submitted in person or through website. Maintain forms, invitations, and all other written/online materials as needed for CARD events. Maintain CARD library and involved in assisting and developing Library Resource Day. Assist in developing on-line trainings, presence, and multimedia presentations. Assist with special

events or projects developed by UM-NSU CARD staff. Support clinical and clerical staff on CARD related projects. Prepare visual supports and accommodations for CARD constituents and as needed for employees.

**Operations Assistant Events-(1050)**  
**Job ID: 5162**  
**Hours: 20 hrs./week**  
**Rate: \$9.25/hour**

Operations Assistant for Events is a member of the Division of Student Affairs and is responsible for furthering the mission of Campus Recreation. This position is responsible for supporting several administrative and facility operational components of the Don Taft University Center, Rosenthal Student Center, and the NSU RecPlex. This position reports to the Assistant Director of Operations within Campus Recreation. This position will also have duties assisting with special events utilizing the Flight Deck.

**Graduate Assistant-(1056)**  
**Job ID: 5104**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Assist with office functions and operation. Assist with all aspects of the department. Assist with correspondence to faculty staff and student concerns. Assist with inquiries and routine problems. Assist with edits, proofreads, and types basic documents. Perform mass mailings; photocopies and collates basic material to ensure timely communication and retention of documents. Assist with accurate processing and record keeping. Perform other duties as assigned.

**Faculty Assistant-(43)**  
**Job ID: 5029**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Perform legal research, analysis and writing for professors related to course preparation and presentation, service projects, scholarship, presentations and other matters. Update cases by Shepardizing and other methods. Research, interpret, apply, and summarize legislation, court decisions, and other legal authorities for use in scholarly writing. Research statutes, case law, rules and regulations and legislative history on specified topics assigned by the professor. Draft/write memoranda relating to the research topics. Draft pleadings, motions, discovery and briefs where the professor is engaged in pro bono

litigation. Assist professor in finding and organizing class materials. Assist professor during class answering questions. Assist professor during class teaching certain subject matters. Grade multiple choice and short answers. Perform some administrative tasks (e.g. photocopying).

**Student Assistant - Interlibrary Loan-(041)**  
**Job ID: 4905**  
**Hours: 20 hrs./week**  
**Rate: \$8.50/hour**

Search computer catalogs for materials. Type and process interlibrary loans. Copy and gather materials to be shipped out. Works under supervision of Interlibrary Loan Supervisor.

**Graduate Student - International Student Ambassador-(1086)**  
**Job ID: 5342**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Assist the International Recruiter (BDS) and Associate Director of Graduate International Student Recruitment with email and phone correspondence with incoming students. Inform prospective students interested in NSU's Huizenga School of Business about all facets of NSU life -- academic programs, faculty and students, physical facilities, social opportunities, and student services. Provide prospective students/family with campus tours while making campus visitors feel welcome, comfortable, and positive about NSU by demonstrating sincerity, enthusiasm, credibility, interest, and helpfulness. Assist with important recruitment activities such as special events, conferences, webinars, SKYPE chat, NSU's Open Houses and corporate development efforts. Refer prospective student's questions to appropriate admissions counselors or departments. Represent NSU's Huizenga School of Business and Entrepreneurship, by giving campus tours to college visitors. Engage in frequent written and verbal communication with prospective students i.e.: email, skype, social media, prospective student/applicant appointments, etc. Assist the HSBE Enrolment Service Department with calling campaigns and occasional clerical duties. Assist with organization of quarterly international student service activities, such as: Dean's Luncheon, social events and focus groups. Participate in new student orientation each term. Assist, as needed, at special recruitment events that occur throughout the year. Attend training sessions. Organize

Special events for members such as holiday parties, end-of-year receptions, and social events.

**Clerical Assistant-(1087)**  
**Job ID: 5345**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Assist the Student Health Insurance Administrator in the day to day operations. Provide customer service to NSU students, faculty and staff as needed. Perform other duties as assigned by supervisor.

**Front Desk Customer Service - Student Worker-(861)**  
**Job ID: 4765**  
**Hours: 15 hrs./week**  
**Rate: \$8.75/hour**

Schedule tutoring appointments for NSU students over the telephone and face-to-face using web-based tutoring database system. Provide excellent customer service to students, faculty, staff, and other members of the NSU community both over the phone and face-to-face. Answer multi-line phone system. Complete basic office tasks, such as filing, scanning, faxing, and emailing. Replenish, restock, and prepare tutoring rooms throughout the day. Complete other special projects as assigned by the Assistant/ Associate Directors.

**Program Director-(607)**  
**Job ID: 5176**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Ensure that all Disc Jockeys are well trained/that DJ on-air shows/actions abide by the rules and regulations set forth by the FCC, NSU, and Broward County School Board.

**Administrative Student Assistant - Systems Management-(702)**  
**Job ID: 4988**  
**Hours: 20 hrs./week**  
**Rate: \$12/hour**

Assist the Library Systems Administrator to administering virtual images in library computer lab. Help administer and support of tablet, mobile, and MAC devices. Perform Systematic User Profile Data Migration as needed. Assist support technician with organizing hardware inventory and liaison with Fixed Assets Department for proper disposal. Provide direction for other student coworkers for training and support. Analyze and resolve complex computer problems. Provide effective, courteous and timely responses to requests for service. Maintain confidentiality and integrity

of information, and physical security of systems. Integrate clients' desktop systems. Maintain database and report activities of tracking and responses to service requests. Document work activities thoroughly.

**Graduate Student Assistant-(086)**  
**Job ID: 4519**  
**Hours: 25 hrs./week**  
**Rate: \$11/hour**

Assist coordinator with various on-going projects within the department.

**Student Assistant/ Office Assistant-(895)**  
**Job ID: 4779**  
**Hours: 20 hrs./week**  
**Rate: \$8.75/hour**

Assist in maintaining correspondence with all interested student volunteers before and after each event. Assist with all relevant paperwork (legal waivers, etc.) before, during and after each event. Assist at all events.

**Graduate Assistant-(1056)**  
**Job ID: 5104**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Assist with office functions and operation. Assist with all aspects of the department. Assist with correspondence to faculty staff and student concerns. Assist with inquiries and routine problems. Assist with edits, proofreads, and types basic documents. Perform mass mailings; photocopies and collates basic material to ensure timely communication and retention of documents. Assist with accurate processing and record keeping. Perform other duties as assigned.

**Facility Supervisor-(785)**  
**Job ID: 4721**  
**Hours: 20 hrs./week**  
**Rate: \$10/hour**

Manage recreational facilities in conjunction with and in lieu of a professional staff member. Supervise other student staff through training, supervision and evaluation. Open and close the facility, attend to injured patrons, supervise all behavioral control incidents, prepare shift reports, supervise all facility reservations, set-ups and breakdowns.

**Lab Monitor-(54)**  
**Job ID: 5328**  
**Hours: 20 hrs./week**  
**Rate: \$8/hour**

Assist students with computer related problems in the computer labs.